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easy & delicious recipes

Greek-Style Roast Lamb

Introduction:

This Greek-inspired lamb roast is very easy to prepare and you can do most of it the day before. In fact you must, because the lamb needs to marinate in the fridge overnight.

Keep your accompaniments light and easy-on-yourself and you too can sit back and enjoy a tender, juicy roast.

Ingredients

4 large onions, sliced
1 leg of lamb, deboned and butterflied
6 - 8 large cloves of garlic
10 ml dried thyme
10 ml dried oregano
6 large sprigs of rosemary
2 lemons, peeled, pitted and thickly sliced (remove all white pith - it's very bitter)
250 ml red wine
125 ml olive oil
250 ml Greek yoghurt
250 ml prepared lamb stock (you can use chicken or beef stock)
whole rosemary and mint sprigs

Method

Place the onion slices at the bottom of a casserole. Put the lamb opened-up on top of the onions. Tuck the garlic cloves under and around the meat and sprinkle the meat with the thyme and oregano. Arrange the rosemary sprigs and lemon slices on top and around the meat.

Whisk together the wine, oil and yoghurt. Pour over meat and cover. Marinate overnight in the fridge.

To cook, pour in the prepared stock, cover the dish tightly and place in a preheated oven at 190° C.

Cook the meat covered for 2½ hours or until tender enough to break with a fork.

When the meat is tender enough to your liking, place on a serving platter, cover and keep warm.

Strain the pan juices into a jug and skim off the fat on the top. Pour the remaining juices into a saucepan and cook without a lid on a high heat, whisking continuously, until reduced and shiny.

Cut meat into thick slices or chunks, pour sauce over and garnish with herbs. Serve with a Greek Salad and a spinach-feta pie baked in phylo pastry aka Spanakopita.

Serves 6 - 8.